



EVENT THERAPY

WHERE MENTAL HEALTH MEETS
EVENTS & ENTERTAINMENT

OUR SERVICES

WEBINARS & PODCASTS

Educational, entertaining tools that focus on lifestyle, mental and business health for industry professionals. Featuring special guest speakers and interviewees.

SPECIALTY THERAPY SESSIONS

Individual, group & corporate therapeutic coaching sessions focusing on improving self-care, mental wellness skills, and support.

MAGAZINE & OTHER RESOURCES

Our magazine addresses mental health in the event & entertainment industry. Includes story-telling, interactive activities & resources. Advertisements available.

ABOUT US

Event Therapy™ is a mental well-being and support space for professionals in the event and entertainment industry to grow both personally and professionally.

Our goal is to provide these professionals with therapeutic support, stability, and strategies that create successful mental health and well-being habits, and to build long-term professional and financial success within the professional services, event and entertainment industry.



CONTACT US



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